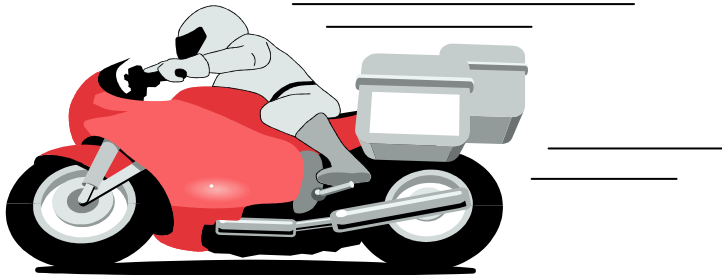




SAFETY ALERT

Motorcycle Accident Prevention

Survival Steps:



Typical Causal Factors

- Speed – Too fast for conditions.
- Overconfidence in ability.
- Not Driving Defensively
- Motorist Awareness
- Drinking and Riding

Protective Equipment.

Helmets are 29% effective in preventing fatal injuries! Riders must wear an approved helmet, goggles or face shield, sturdy footwear, long sleeved shirt or jacket, long trousers, full-fingered gloves designed for use on a motorcycle, and a brightly colored upper garment during the day and a reflective upper garment at night (DODI 6055.4 & AR 385-55).

Crash Avoidance and Injury Mitigation.

Three types of motorcycle crashes account for over 90% of all crashes and virtually all serious crashes:

- Collision with Another Vehicle – usually a car and usually one changing direction
- Failure to Negotiate a Corner
- Head-On Collision

Six essential operator skills have been identified to avoid these types of crashes:

1. **Emergency Braking** – is an obvious survival skill. Poor emergency braking can cause a crash. Locking a wheel, especially the front wheel, can cause the bike to go out of control. Riders untrained in emergency braking tend to lock the front brake under hard braking and fall off. Most riders use only the back brake, which provides about 20% of the total stopping power. This is a BAD habit. Locking the rear brake removes attitude/stability control. Operators need to use both brakes to obtain maximum braking. In panic situations, pull your clutch lever to the grip, use the front brake aggressively and use controlled rear brake action.
2. **Direction Perspective** - On a motorcycle, where you look is where you go. To establish your direction perspective, motorcyclist must use their eyes correctly. The way the rider uses his eyes also plays an important part in anticipating the actions of other vehicles and in the messages they send to other motorists. Target fixation is part of this. The rider who looks at roadside fixtures they are trying to avoid is sure to hit them! Focus on where you want to go.
3. **Maneuver Anticipation** – involves being focused and thinking ahead about what might happen. Focus on the driver, their movements, speed and general traffic activity. Be Alert!
4. **Crash Survival** – refers to actions and reactions you can take to reduce your chances of being seriously injured in a crash. Use your body to break your fall not your hands. If the bike is Ahead, (lowside), let go of the motorcycle, stay loose and get as much of your body on the ground as possible. If you are in front of the bike, (highside), tuck and roll.
5. **Countersteering** – uses your bikes momentum to change direction quickly and accurately.
6. **Risk Management** – is the skill of identifying risks, calculating their severity and deciding either to accept the risk or counter it through some action. Be selective on speed based on conditions, traffic and skill level. Be attuned to hazards and anticipate your actions to avoid risk.

Learn More - Take a Motorcycle Safety Foundation